



Q How To Cook 1 % Omelet of Potato and Cheese

eDitorial work N°20

by L.Guidali N°20

ETOILE

(You can watch this recipe in video on eManation)



ACTION ONE (3XP) (Preparation): Prepare the ingredients.

* Step 1 (1XP): Peel the potato. (Page 8)

* Step 2 (1XP): Cut the potato in small square. (Page 9)

* Step 3 (0,5XP): Wash the potato squares. (Page 10)

* Step 4 (0,5XP): Dry the potato squares. (Page 11)

ACTION TWO (3XP) (Prepare the composition): Prepare the composition of your omelet.

* Step 5 (3XP): Create the composition of the omelette (3 Eggs, Pepper, Salt, Emmental) and blend ingredients. (Page 12)

ACTION THREE (5,5XP) (Assembly and cooking): Gather and cook the ingredients.

* Step 6 (2XP): Set the cooking temperature to a low level. (Page 16)

Pour the sunflower oil into the pan.

Pour the potato squares and make the fries until it gets a golden color.

Step 7 (3,5XP): Pour the composition of the omelet. (Page 17) Be careful that the omelet does not stick to the pan. Turn the omelet to cook both sides.

- **Y** Difficulty: Easy (Level 2)
- **Skills**: No special skills
- <u>👑 Senses:</u> 👀 Vision 👆 To Touch 🏶 Proprioception 🏋 Equilibrioception 🦶 Smell 逝 Thermoception 👅 Taste
- <u> Intelligences: 🔉 Kinesthetic Body Intelligence</u>
 - 12 Intelligence Logic Mathematics
 - Imagination
- Tools:
- Small stove
- Cas cookers
- Knife for peeling (#Optional) (A basic or other knife also works)
- Towel (Anything that allows to dry the potatoes)
- Small toothless knife
- Soup plate (To wash the potatoes)
- That plate (Omelet)
- Pitcher (#Optional) (Water)

- ☆ A small bowl
 Fork
 4 Cups (For salt, cheese, oil and pepper) (#Optional)
 Wooden spoons (For cooking)
 Lid (To return the omelet) (#Optional)
 Ingredients (Recipe):
 3 Eggs (150 g) (210 Calories)
- 10 CL Sunflower oil (Depends on the size of your stove) (● 90 Calories)
- \bigcirc A pinch \bigcirc of Pepper (According to your tastes) (100g = \bigcirc 251 Calories)
- \bigcirc A pinch \bigcirc of Salt (According to your tastes) (\bigcirc 0 Calories)
- → 30 Grams Q of Gruyere Emmental (111 Calories)
- 1 Potato (Medium Size) (100g = 77 Calories)
- ! Consider nutrient intake of ingredients and of calories.

1 Do not hesitate to convert the units of measurements indicated in the description. If you are using other units of measurement.

1 The indications in the description are not all exhaustive and are not all a standard. Many items may vary depending on each.

1 The ingredients and tools are not a standard. Make according to your taste and the means that you have at disposal.



△How to Cook {1} Step by Step

💥 : Omelet of Potato and Cheese

> : Omelet World

Main course/Secondary dish for accompaniment Galaxy

├──: Cooking Universe (♠)

Type: Cooking a main or secondary dish

Style: Cook an Omelet (Potato and Cheese)

Language: MI International (description and steps in English, but comprehensible by the whole world)



🏃 7 Steps

3 Actions

✓ 11.5XP

Need 16 Tools (7#Optional)

- Need 6 Ingredients
- 488 Calories (About)
- Q Dosage (Weight) (About): 200g Minimum 300g Maximum
- How many people: 1 Person (main course) 2-4 Persons (To accompany the main course)
- Preparation Time: 5 Minutes Minimum 15 Minutes Maximum
- **Cooking Time: 5 Minutes Minimum 10 Minutes Maximum**
- **Solution** Cooking Temperature: Low temperature
- **3** 7 Senses
- **6** 3 Intelligences
- ₩HO?
- Cook by LG
- Posted by LG
- © Etoile No Copyright (Recipe)

1 The description may no longer be up to date. Due to human discoveries and improvements. Pay attention to the date of publication and creation. Even works of art suffer the outrages of time

? WHY ?

Learn how to cook a potato and cheese omelet



Pontault Combault (France)

WHEN?

27 September 2017

Duration: 10 Minutes Minimum ~ 35 Minutes Maximum

1 The duration depends on the performance and tools used by the author. That is why this is indicated from the minimum to the maximum

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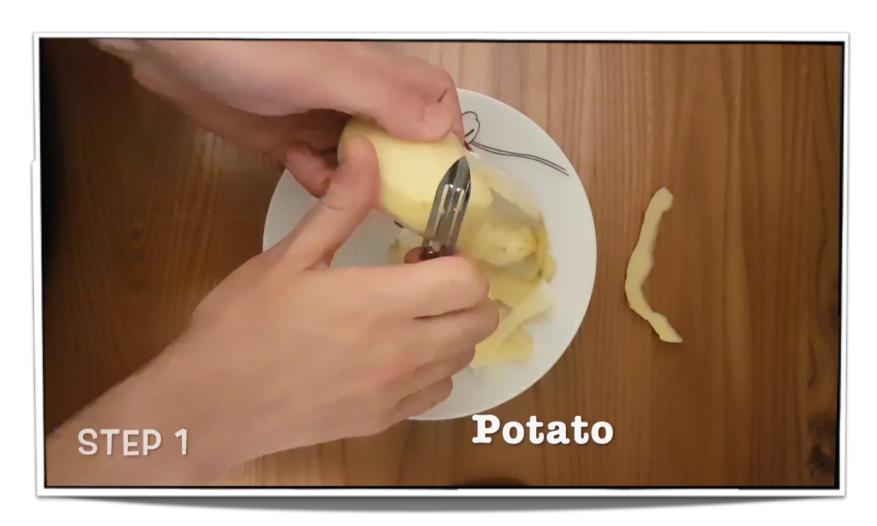
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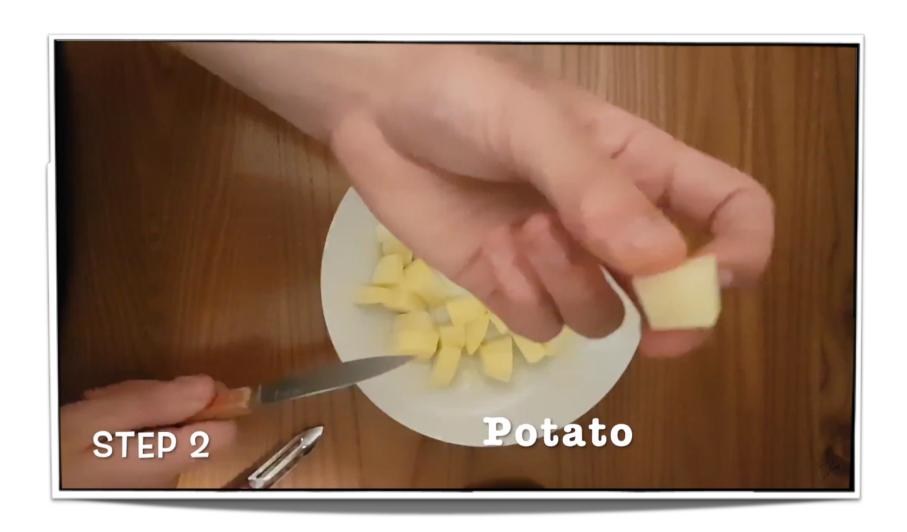


ACTION ONE (3XP) (Preparation): Prepare the ingredients.

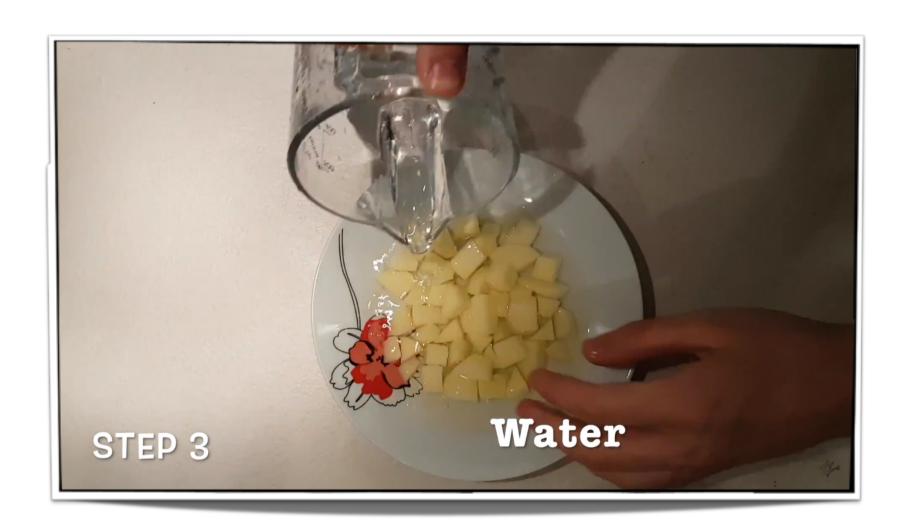
* Step 1 (1XP): Peel the potato.



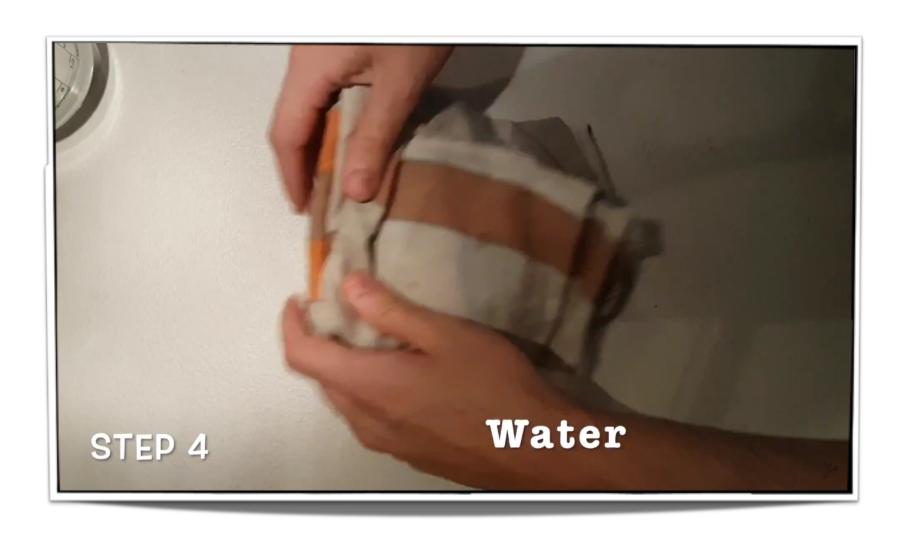
* Step 2 (1XP): Cut the potato in small square.



* Step 3 (0,5XP): Wash the potato squares.



* Step 4 (0,5XP): Dry the potato squares.

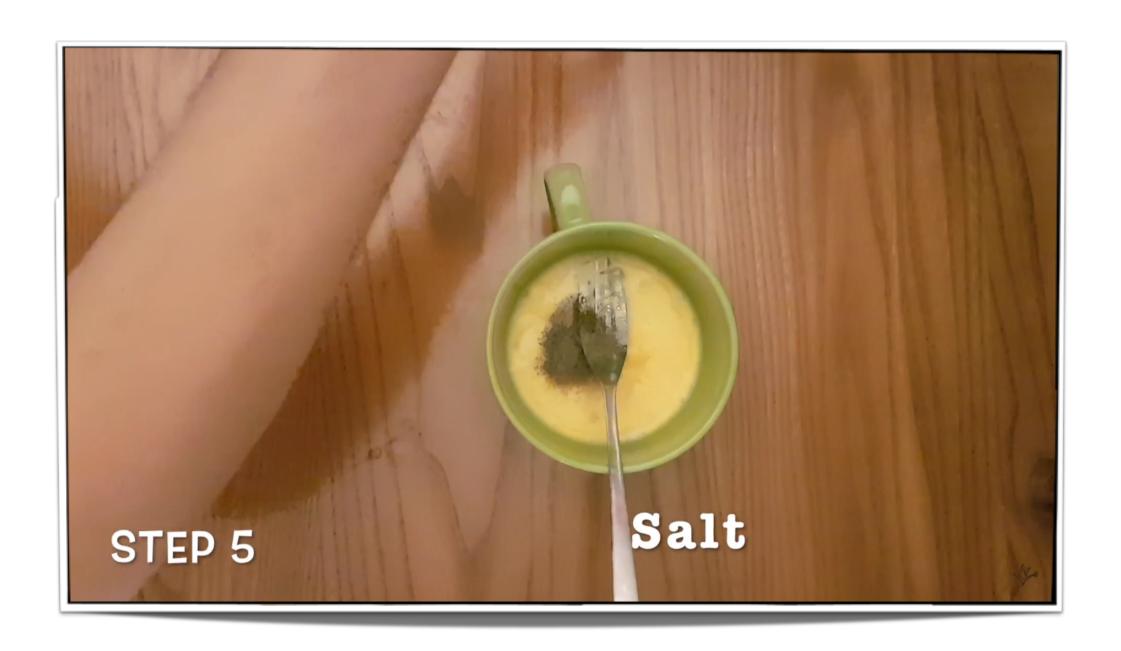


ACTION TWO (3XP) (Prepare the composition): Prepare the composition of your omelet.

* Step 5 (3XP): Create the composition of the omelette (3 Eggs, Pepper, Salt, Emmental) and blend ingredients.









ACTION THREE (5,5XP) (Assembly and cooking): Gather and cook the ingredients.

Step 6 (2XP): Set the cooking temperature to a low level.

Pour the sunflower oil into the pan.

Pour the potato squares and make the fries until it gets a golden color.



Step 7 (3,5XP): Pour the composition of the omelet.

Be careful that the omelet does not stick to the pan.

Turn the omelet to cook both sides.









